



GAME-ON

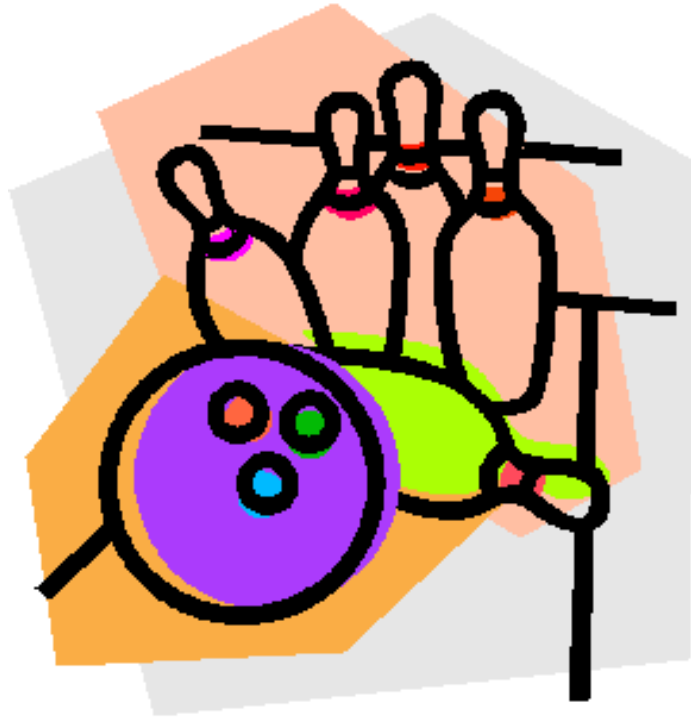
"Your Moves = Your Life"

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GAME-On Strategy:

- Decipher Focus
- Lay Out Vision
- Set Objectives
- Tally and Score Actions
- Collect Prizes
- Repeat the Last 3 Bullets for 90 Days



Name:

GAME-On Start Date:

Chapter 1

The Game

Welcome to your GAME! This process is designed to step up the creation process in your life and get you to your desired destinations swifter, sharper, and smoother. Whether that destination is a new gadget, a new relationship, or a whole new self, this workbook can set you on a solid course for achievement.

GAME-On, "Your Move = Your Life!" is a game in the form of a workbook. It uses a specific system to make life's activities and your to-do list fun. A SY-STEM is just a way to save time and money and is the 'stem' to efficiency.

No matter what your job, responsibilities, calendar, or duties look like, GAME-On will help you accomplish more. It is a game you play with yourself, not by yourself, for you cannot play the game of life alone.

Good systems equal efficiency. Putting a system into place or enhancing your technique and structure will improve your outcome and increase the speed at which you create.

Our objectives and aspirations are essential to us and are often also important to those around us. Yet, day after day, we do not focus on them. We live a perpetually looping life, which moves like the hands on the clock that faces the same numbers over and over, minute after minute, hour after hour, and day after day. Our circle, our

slinky, our maze, is the behavioral rut we cannot seem to modify. Eventually, our years repeat themselves with the same negative results over and over.

Creating new paths can help you take those same old obstacles out of your way. Of course, you will encounter new barriers with new directions, but that is good. New blocks lead to new things. New challenges, thoughts, ideas, and actions equal new beginnings.

We all want to live a balanced life. We want to be healthy, wealthy, and wise. We want to have friends and loved ones in our lives and to strike a good balance of work and play. We want our homes to be clean and organized, our kids to be loved and nurtured, and our finances to be solid. We all want it all; the cherry on top would be that we could have it all with serenity, peace, and calmness.

The problem is that our to-do lists never end, and we never give ourselves credit for our accomplishments. There is always too much to do with too little time.

So, to create space, clarity, and vision for the positive change to occur, let's play a game. The game is strategic and tactical, like Cribbage or Backgammon. It is deliberate, like Chess or Checkers. It is wild and fun like Hockey or Soccer, yet it is as individual as surfing or golf.

The board is your life. The little game-piece replica is you. The path is yours to take or not, so in the end, you are the one choosing to win, lose or draw. The roll of the dice rests in your actions. One step or ten, no one is counting except you, and counting is what you'll do.

You name the game. The payoff can be high stakes, like Monopoly money, yet the stress level you choose can look more like Candyland. Let us set the stage for greatness! Put on your Lavalier microphone because you are the star. You are in the spotlight, and it is all up to you how this production, your life, turns out. Win or lose, playing life is not an option, so why not make it fun and rewarding?

Since you are ultimately your quarterback, cheerleader, and referee, you will need a game plan, a winning attitude, and a set of rules. A quarterback can throw high, throw low, throw long, toss, spiral, or get sacked. We all know that even with the best-laid game plans, sometimes we fall short of the goal. At that point, it is essential to cheer yourself on, lift yourself up and brush yourself off.

The only option you have is to get back in the game. You only win games while on the field, on the court, or on the board. You are no longer just an observer. You are not in the bleachers this time. It is then you call yourself safe, you call an out, or you call a homerun.

Only you know what inspires you and drives you. Use affirmations, read positive quotes, state uplifting declarations, and talk to inspiring people. When you choose to win, you will!

Chapter 2

The Attitude

Every game has a winner, and every winner has a game plan. If you have not had a focused, concentrated game plan, you probably are not in the place where you expected to be. Your commitment, action, and attitude have brought you to this juncture. You understand why you are where you are.

First, let's talk about creation and mindset. Reality is relative. This phrase is worth repeating. Reality is relative. This is because everyone's reality is different and because you have the power to create many realities. Don't worry about or even consider other people's certainties and actualities. They do not pertain to yours.

See things how you want them to be, not how they appear to be. It may be best to see things in your mind as accurate and true to move yourself to that more significant plane of energy. The envisioning of what you are creating is necessary in moving your possibility into existence. It is up to you to manifest it; this all happens through thought, word, and visualization. Feeling powerful to bend truth until truth meets you where you want to be.

Choosing the correct thoughts and words is like taming a rope. Think of it this way. You envision a rope. You picture it in front of you. You see how wide, how long,

and what color it is, and you envision the texture. You now have a rope in your mind.

Now imagine that the rope can help or hinder your life experience and possibilities. Thinking of the rope positively can make it your guide, staff, bridge, ladder, lasso, and swing. Imagine the rope in a negative light; it could become your wall, your noose, your handcuffs, your shackles. What you focus on, you create.

How often have you heard, "I'm at the end of my rope"? This quote means I am fed up, out of patience or done with the whole thing.

Have you ever heard anyone say, "I'm at the beginning of my rope"? No, probably not, but your exact choice of words, and the visions you create, have a direct effect on you. Stating, "I am at the beginning of my rope." Leaves you with much more power and possibility than the opposite.

How many obstacles have you been creating? Do you continuously see the negatives, the walls, the no's, the noses up in the air? Do you let other people's negativity control your creative output, behavior, and reality? If so, it is time to allow your newly developed and envisioned rope to support your growth, success, joy, and abundance.

When a negative thought creeps in (and it will over and over), just focus on the rope supporting your goals in any way you can make it work to your advantage.

It does take work, but you can focus it to kill off your mind's negative thought patterns, which have been developing and manifesting your whole life. Take control of them by interrupting them with positive thoughts. It is possible. Just focus and believe in that possibility. Smile and know you have the power; keep taming the rope.

Positive or negative thought-- The choice is yours, and life follows thought.

Repeat this statement out loud. Be loud and clear, for again, words create reality! "I am the possibility of creating a positive life through positive thought!" If you knew how accurate this was, is, and will be, you wouldn't need this workbook, so take a moment and state it!

Another way to keep a positive frame of mind and establish a strong sense of self is to use affirmations regularly. Let them speak to who and what you are creating! Here are some written affirmations and room to write your own.

Affirmations:

- I constantly affirm myself with positive thoughts
- I am loving, living, and having the time of my life with my soul mate
- I am a creative genius, and I apply my wisdom to action
- I am a secure, beautiful, successful person
- I am a joyful, giving person of honor
- I am proud to be respected and admired
- I am loved by many
- I run profitable, successful, culturally friendly companies
- I think fast and move fast
- I have the correct answers or know where to find them
- I am courageous and take fear out of the equation
- I am known for the great questions that I ask
- I manifest and share a beautiful life of luxury and love
- I am animated, alive, and enthusiastic
- I naturally create energy in others
- I visualize a better life every day
- God is my infinite supply, and large sums of money come to me quickly and easily
- I am happily and easily saving and investing \$_____ each year
- I have \$_____ in assets
- I am enjoying this gift of life to the fullest
- I wear beautiful clothes and have a distinct sense of style
- I delight my friends & family with gifts and cards
- God grants me visions of things I can manifest

Chapter 3

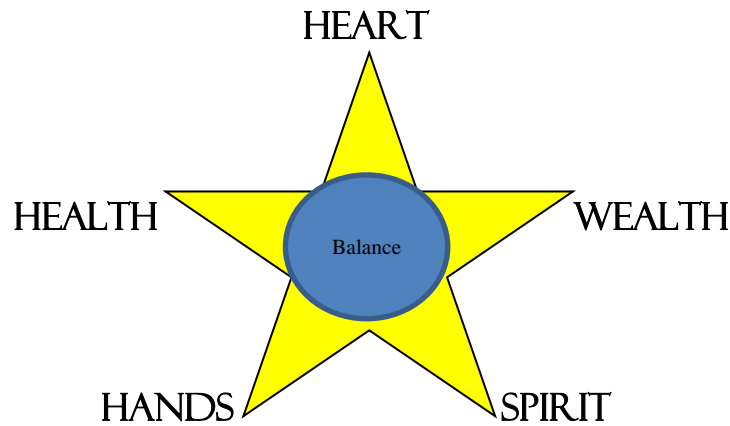
The Focus

The strategy in GAME-On is to follow the system. The structure of the system is in the workbook. The process takes 90 days. Committing to daily monitoring for the first 30 days is recommended to get you on course. The objective is to get you to the point where you are moving forward without needing a workbook because you have developed your system of success. You hold the dice. You set the course and determine prizes because it's your game.

One can use the 'Surefire Star' to create a game and life of power and influence. This tool will support you in your effort to create abundance in specific areas of your life. When used appropriately, it can guarantee the generation of harmony and balance. In order to shine bright, a star has five points of clarity. You perhaps will focus more time and energy on one of the points but follow all of them for now.

Choose the areas of your life that you want to focus on in your game and write them below. You can choose from the specific areas listed or add your own. For this exercise, select at least one focus from each of the five regions and one focus for the next 90 days. Everyone has different aspirations, so don't worry about which you choose. It is what you want to create that matters.

Surefire Star



Heart: (Who)

- ❖ Relationships
- ❖ Sex
- ❖ Communication
- ❖ Family
- ❖ Friends
- ❖ Community
- ❖ Organizations
- ❖ Social Platforms
- ❖ Home
- ❖ Quality of Life

Health: (Body)

- ❖ Wellness
- ❖ Diet
- ❖ Nutrition
- ❖ Sports Activities
- ❖ Energy
- ❖ Sleep
- ❖ Weight
- ❖ Exercise

Wealth: (Affluence)

- ❖ Business
- ❖ Income
- ❖ Retirement
- ❖ Finances
- ❖ Assets
- ❖ Productivity
- ❖ Investment
- ❖ Education

Hands: (Creation)

- ❖ Actions
- ❖ Deeds
- ❖ Movement
- ❖ Hobbies
- ❖ Music
- ❖ Creative Activities
- ❖ Design
- ❖ Appearance

Spirit: (Soul)

- ❖ Faith
- ❖ Vision
- ❖ Love
- ❖ Character
- ❖ Peace
- ❖ Acceptance
- ❖ Insight
- ❖ Inspiration

These categories can also be crossed over or combined. Your Wealth and Spirit segments may merge if you are a pastor. If you are a professional musician, that portion of your Hands and Wealth could combine. If you meditate while you exercise, Spirit and Health will become one. It is all good. We can rearrange them to make our own game comfortable to play.

To create balance and, therefore, happiness, a couple of the things that I will focus on in each area are:

Heart

Health

Wealth

Hands

Spirit

Now choose your focus for the next 90 days. I declare my 90-day focus on the circled category below.

Circle One:

Heart

Health

Wealth

Hands

Spirit

Chapter Four

The Map

As stated in Wikipedia:

*A **mind map** is a [diagram](#) used to visually organize information into a [hierarchy](#), showing relationships among pieces of the whole.^[1] It is often created around a single concept, drawn as an image in the center of a blank page, to which associated representations of ideas such as images, words and parts of words are added. Major ideas are connected directly to the central concept, and other ideas [branch out](#) from those major ideas.*

Mind maps can also be drawn by hand, either as "notes" during a lecture, meeting or planning session, for example, or as higher quality pictures when more time is available. Mind maps are considered to be a type of [spider diagram](#).^[2]

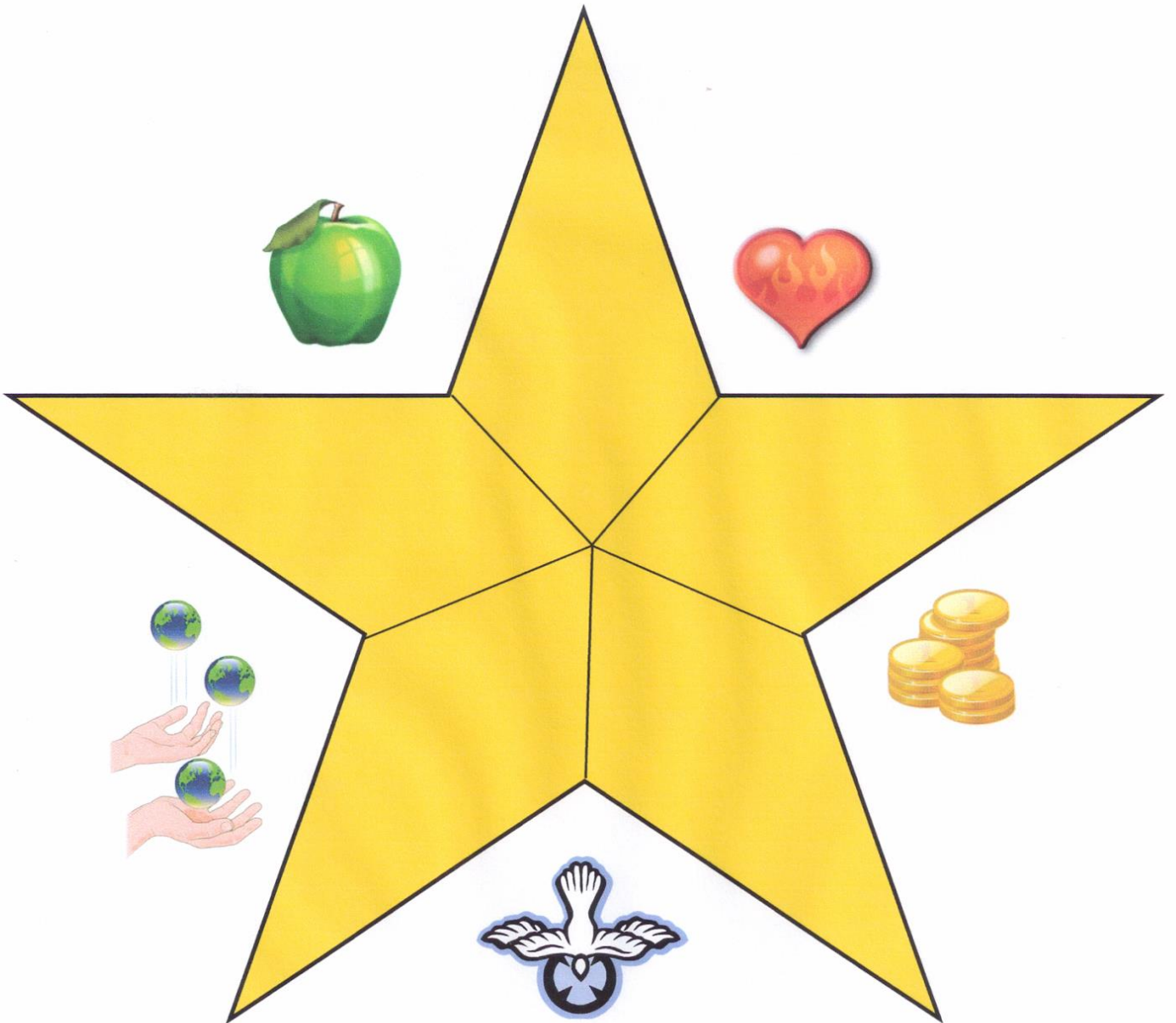
Mind maps are the perfect way to break down your objectives to ensure all aspects of your hopes, dreams, and ambitions are visualized. This will help you to include all the details that represent your desires.

Incorporating every aspect of your personality and delineating each area of your life in detail helps create a complete vision of who you are and what you are up to creating. If you want to delve in farther, you can create a mind map for every category of your life.

The next page features a mind map I created for myself. You can design your own using the Surefire Star

Template. You may also google mind map images for more examples.

see, you can add pictures, drawings, and doodles to make your map come to life.



Chapter Five

The Vision

A vision board is a tool that stimulates the law of attraction to begin manifesting your dreams into existence. It is simply a collage of cut-out pictures, drawings, or text of things you want to be, do, or have in your life. Focusing on positive, beautiful, exciting things will pull those toward you.

Your board can create uplifting emotions and feelings of love, abundance, and passion. When you cause increased happiness and joy in this way, you cause more of those same positive things in your life.

Vision boarding is a vital first step in creating your vision. It is the foundation for pulling that vision towards you until it becomes matter.

Get out all the materials you will need for your Vision Board, such as old magazines, greeting cards, scissors, glue, markers, etc. It's time to create your future. For more examples you can search them on Google.



Chapter Six

The Game Plan

You are set for greatness. You have determined your focus, laid out your Mind Map, and designed your Vision Board. You are ready to get your GAME-On!

You will do this by first setting your long-term objectives. Goals are more effective when you create your longest-range goals first. Then you can set the next previous goal and so on, backward in time. Dale Carnegie always recommended this method, starting with the end in mind.

Commit to being extraordinary. This game is about doing, being, and having what you have never done, been, or had before. Make it worth it!

This game is about accountability. If it does not work, if you don't put things in place, if you don't do the work, who else could take responsibility?

Since the way you play this game is the way you are in life, play it with integrity, consistency, and passion. Have fun and develop a winning attitude full of joy and action.

Goals, otherwise known as Objectives, Intentions, or Dreams, are the cornerstones of achievement. We all know that whatever you choose to call them, 'goals' must be written down to be more than just an idea in your head. Therefore, the first step is to write down your goals.

Some say they do not need to write their goals down because they know what they are. We write goals down to start bringing them into existence and materializing them into things of substance, rather than the non-substantial ideas that sit in your head. Ask yourself how many of those dreams and goals in your head remain right there?

Starting with the end in mind, we will first write down our long-term 5-year goals. We will then write our 1-year goal in a way that it is the step that prepares you to work on the 5-year goals you already specified. Continue backward creating your quarterly and weekly goals. Finally, you will transfer your weekly goals into daily accomplishment lists which then allow you to measure your daily productivity.

Make your goals SMART. This means that they spell 'smart' by having the following qualities. They are: Specific, Measurable, Attainable, Relevant, And Time-based. To locate your natural goals, look back at your Surefire Star focus, Mind Map, and Vision Board to find what pulls and excites you, and then complete the next section called I AM BEING.

You will want to focus on how to be. For example, you can't be lazy, immature, or untrustworthy if you choose to improve your life. The changes in how you are being in these areas will change your life. A personal transformation is just a change in the way you are being.

Begin now by writing positive 'I AM BEING' statements in the worksheets below. In five years, one year, and 90 days, what will you have manifested?

Examples:

'I AM BEING':

Responsible, Accountable, Courageous, Fearless, Fun, Bold, Remarkable, Extraordinary, Abundant, Inspirational, Joyous, Motivating, Urgent, Insistent, Enrolling, Communicative, Powerful, Influential, Loving, Effective, Compelling, Forgiving.

'I AM DOING':

Running 5 miles a day, Kayaking three times a week, Running for Mayor of my city, Accepting a leadership award, Speaking in front of groups of 1000 or more, Fundraising for the Red Cross.

'I AM HAVING':

A close-knit family, A new home on the beach, A blue convertible, A beautiful, strong, loving relationship, A 24-day trip to Europe, A 36-foot boat, A designer wardrobe, A healthy, strong body.

*

5 Years From Today...

Heart (Self, family, friends, community, world)

I AM BEING

I AM DOING

I AM HAVING

Health (Wellness, diet, exercise, sports activities)

I AM BEING

I AM DOING

I AM HAVING

Wealth (Career, business, education, financial)

I AM BEING

I AM DOING

I AM HAVING

Hands (Actions, hobbies, art, music)

I AM BEING

I AM DOING

I AM HAVING

Spirit (Faith, belief, personal growth)

I AM BEING

I AM DOING

I AM HAVING

Fill in your Five Year Goals and use more paper if needed. Think big! The materializing comes after the visualizing! Ask yourself how you will have to be to attract the manifestations desired.

1 Year From Today...

Heart (Self, family, friends, community, world)

I AM BEING

I AM DOING

I AM HAVING

Health (Wellness, diet, exercise, sports activities)

I AM BEING

I AM DOING

I AM HAVING

Wealth (Career, business, education, financial)

I AM BEING

I AM DOING

I AM HAVING

Hands (Actions, hobbies, art, music)

I AM BEING

I AM DOING

I AM HAVING

Spirit (Faith, belief, personal growth)

I AM BEING

I AM DOING

I AM HAVING

Fill in your Year Goals and use more paper if needed. Go for the gusto! The power lies in words themselves. What will you achieve in 1 year to be on track for your five-year goals? Work backward. As Dale Carnegie states, "Start with the end in mind."

90 Days From Today...

Heart (Self, family, friends, community, world)

Health (Wellness, diet, exercise, sports activities)

Wealth (Career, business, education, financial)

Hands (Actions, hobbies, art, music)

Spirit (Faith, belief, personal growth)

Fill in your 90 Day Goals and use more paper if needed. This is where your future begins. It lies within your present actions. What will you accomplish in the next 90 days to be on track for your one-year goals?

Chapter 7

The Scoreboard

GAME-ON WEEKLY RATING CHART

		First Quarter													
Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

Above is an example of how your Weekly Rating Chart may look after 90 days, or one quarter.

As you fill in your GAME-On Weekly Rating Chart, it is fun and rewarding because it is all about your score and prizes. When you attain your weekly goal, you will honor yourself with the achievement award you will choose at the beginning of each week. You will use the blank board below to enter your rating each week.

You score yourself on a scale from 1 – 10 corresponding to percentages from 10% to 100%. You start the week with ten main goals. If you completed 8 out of 10, you would be at 80%. Thus, you score an 8,

and you will color in eight squares at the end of the week.

Remember, you are rating yourself, so, be both an honest student and a critical teacher. Be fair and be accountable.

You will use this rating chart for an entire year so make enough copies before you start charting. This chart allows you to track and visualize how you are doing.

GAME-ON WEEKLY RATING CHART

		First Quarter													
Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

		Second Quarter													
Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

		Third Quarter													
Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

		Fourth Quarter													
Accomplished	Rating	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13
100%	10														
90%	9														
80%	8														
70%	7														
60%	6														
50%	5														
40%	4														
30%	3														
20%	2														
10%	1														

Chapter 8

The Huddle

Even though your headstone will likely not be a trophy or a gold medal, you can offer the world a crown of a Win!

We are here on this earth to make a difference and to play this game of life masterfully. The more you fully engage and let loose, the more fun you will have, the further you will go, the more friends you will make, the more opportunities you will have, and the more you will increase your odds for the win. Especially since there is no competition. You are just pumping up and amplifying your own game.

You have nothing to lose. In fact, you won't sit home afraid of talking, smiling, acting, moving, and grooving. You'll be generating the moments and days that create you. You will live fully in every moment! By jumping in and playing with crazy, uninhibited love, energy, and joy, you will leave the fear behind, and this existence will become a thrill ride as intended.

The inspiration from having new thoughts can stimulate words that influence a new direction. In your life so far, your choices have been set according to the context, location, and the players in your game. They have also determined the mood, the style, the time, and your overall universal life stage.

At this point, you will set a new course through your actions. The calculated strategic synchronized moves in

GAME-On along with your focus on Being, Doing, and then Having can create the fulfillment of your dreams.

How much commitment have you invested in your own life? It's time to play this game of life with maximum intensity and great passion! You are your empowerment. You not only hold the cards, but you are also the cards. You are the deck. You are the dice. You are the board. You are all the aspects to your game.

Use the GAME-On planning system as the road map to your Being, Doing, and Having Goals.

As the whistle blows to resume play...it is now GAME-On time!

Find the videos that walk through the GAME-On process @
www.possibility-partners.com